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BOOK REVIEW

F. Holmes Atwater, *Captain of My Ship, Master of My Soul: Living with Guidance*, Hampton Roads Publishing Co., 2001.

Reviewed by Carol Taylor

From personal recollections of childhood activities, army training, and research experiences for The Monroe Institute[®], F. Holmes “Skip” Atwater writes of his unique lifespan—a “spirit journey”—and of the guidance that has assisted him in fascinating chapters of learning, remote viewing (RV) training, research, and personal exploration. Examples of personal belief and choice as guideposts and markers help to identify one man’s “exploration of reality through personal experience.” Beginning with a childhood “filled with extraordinary spiritual experiences that led me to a military career as a clairvoyant counterspy,” Atwater describes instances of spirit guidance throughout his lifetime and how “everyday life is a mere reflection of spirit experienced as an intention to become aware of All That Is.”

In Part One, “Child, Soldier, Counterspy,” the author first becomes aware of a kind of “night school,” the out-of-body experience. With this awareness comes a knowing that he was always guided by a sense of self greater than the physical body and by the acceptance and realization of “a spiritual existence beyond our perception of the physical.” In his “normal” childhood, Atwater vividly remembers occasions when Guidance manifested, and his mother’s words, “You will always be taken care of,” resonated at life-changing moments. His intuitive explorations extended into the teenage years as he diagnosed mechanical problems with his 1940 Chevy using innate remote viewing abilities.

Atwater joined the army in 1968, volunteering for Army Intelligence based on a knowing that “This is what I am here for.” Everything already learned and accepted became the basis for another step on life’s path. At Army Intelligence School, he learned questioning methods that would be useful with remote viewers and in research at The Monroe Institute. He soon realized that his “inquisitive nature” was useful with extraordinary intelligence-collection methods, which would later lead to military remote viewing protocols. He continued on course, “coincidentally” being in an office to respond to a teletype message requesting names of special agents interested in training to be electronic-surveillance technicians. Skip discovered that he could expand his awareness to include an entire structure (including hostile bugs, cameras, or wiretaps) and search within *the awareness of himself as the structure*.

After finishing his college degree in the army, Atwater was sent to South Korea. There, he learned teaching methods and audiovisual presentation techniques and was recommended to Officer Candidate School (OCS). Guidance assisted again by providing just the right individuals and opportunities. The safe in his new office in Fort Meade, Maryland, contained classified Soviet parapsychology documents and remote viewing reports that indicated concern over possible Soviet superiority in these fields. As an experienced counterintelligence special agent, he wondered if the information was truthful and if the experiments could be replicated. He presented the idea of training army personnel with security clearances as remote viewers. The mission was approved, and the program to be known as STARGATE was born.

Of the planning, screening, and interviewing for potential remote viewers, Atwater commented, “It seemed that everything that had happened in my life up to this point had been preparing me for what was happening now.” He learned that inducing special states of consciousness with a sound technology called Hemi-Sync® could facilitate the remote viewers’ training. After his first encounter with Robert Monroe and Hemi-Sync in 1977, Atwater recommended Hemi-Sync training. As operations and training officer of STARGATE, Atwater also began to see the relevance of remote viewing to consciousness exploration applications.

Skip retired from the army in 1987 and continued his quest (Part Two, “Scientist, Explorer, Spiritual ‘I’”) at The Monroe Institute with scientific inquiry into how Hemi-Sync sounds alter brain activity and consciousness. He designed computer programs that simplified the process of mixing binaural-beat patterns and registered the entrainment of the brain-wave state during Hemi-Sync sessions. Atwater also utilized Hemi-Sync to develop his own consciousness, in the laboratory and in residential programs. There, he found answers that further convinced him that a greater spiritual reality existed beyond the confines of the physical body. In natural, unpretentious language, Atwater places his professional transitions in the context of his personal spiritual legacy, providing firsthand reporting of synchronistic guidance and how the spiritual infuses every life event.

The CD included with the book is an information bonanza that includes: the basic RV workshop, detailed U.S. Army Intelligence RV teaching methods, a report on UFO bases, audio—with text transcripts—of eight RV sessions (including Joe McMoneagle’s “Remote Viewing Mars”), full-text Hemi-Sync research papers, four declassified documents, and a personal photo album. Captain of My Ship, Master of My Soul is an enriching reading and learning experience. Don’t miss it!